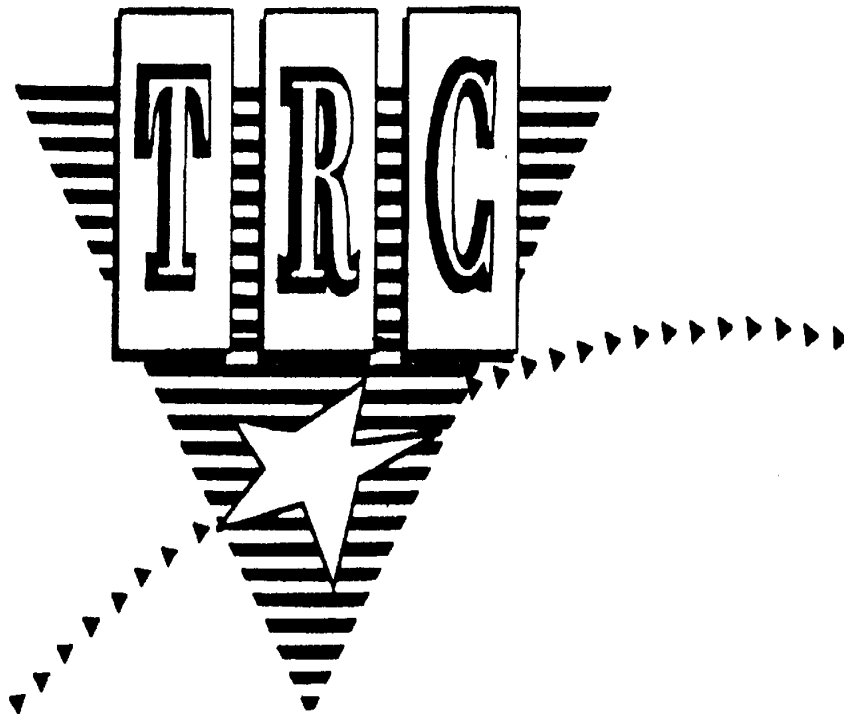


**MONTGOMERY THERAPEUTIC
RECREATION CENTER
SPRING WELLNESS BROCHURE
January 2 - May 31, 2014**

TURNING DISABILITIES INTO WINDOWS OF OPPORTUNITIES!



“THE BENEFITS ARE ENDLESS”

GENERAL INFORMATION

Hours of Operation: The TRC is open the following times:

Monday, Tuesday, Thursday	8:00am to 7:00pm
Wednesday, Friday	8:00am to 5.00pm
Saturday	9:00am to 12:00pm

City Holidays: The TRC will be closed the following holidays:

MLK Holiday - Mon, January 20, 2014	President's Day - Mon, February 17, 2014
Memorial Day - Mon, May 26, 2014	

REGISTRATION NOTES

1. Registration for Spring semester is Saturday, December 7, 2013 from 9:00am - 12:00pm and Monday, December 9, 2013 through Friday, December 13, 2013 from 8:15am until 5:00pm.
2. Be sure to note the days that each program will not meet during the semester.
3. All participants must register and pay programs fees (when applicable) each semester prior to participation. **Fees are nonrefundable!**
4. Some programs are limited in size and are filled on a first come, first serve basis.
5. Orientation for all Wellness members and assessments for after-school participants are required. Please call for an appointment.
6. Participants should bring more than one check to register to be receipted in different accounts for some programs. All checks should be payable to MTRC.
7. Mailed registrations will not be accepted. Wellness members must register at TRC. After-school participants can register on-line or at TRC.

The "Montgomery Therapeutic Recreation Center Wellness Program" is a program developed to promote fitness for persons with disabilities. All persons must have a disability and have completed a physician's medical form to participate. A membership fee of \$25.00 per semester enables all members participation in therapeutic aquatics, weightlifting, and exercise groups.

RESOURCE LAB

Hours of Operation: TRC wants participants to use the Resource Lab to enhance their lifestyles. The lab is open and free to individuals who would like to research information, to get information on adaptive equipment, specific disabilities, services needed or anything needed at home, work or leisure time.

Resources: A lab technician is available during the allotted times for open lab to assist members as needed. The lab is open daily from 8:00am - 12:00pm. Members can contact the lab technician for any questions or requests.

Open Lab This time is set aside to meet the needs of individuals with knowledge of computers. We encourage all wellness members to use this time to gain valuable skills with computers. TRC offers an on site lab technician for any questions or any assistance needed.

Day:.....Mon., Wed. & Fri.

Time:.....10:00am - 12:00pm

Contact:.....Joye Bigelow

One-on-One Computer Instruction TRC wants to meet the needs of individuals interested in learning more about computers. Sessions are 45 minutes long. Participants can chose one session or several based on individual needs. Scheduling will be done with the lab coordinator. See lab Technician for schedule.

Cost:.....\$10.00 per session

.....2 sessions \$15.00

.....3 sessions \$20.00

Contact:.....Joye Bigelow

Ask MTRC This program is designed to give our wellness members a chance to request information on a specific subject. You can fill out a request form located in the Resource Lab or contact the lab technician.

The MTRC Resource Lab is available for One-on-One Instruction for beginner users of the computer, or if you have a specific subject you want to learn more about. Just stop in and talk to the lab technician about it and schedule a time with the lab coordinator.

The Resource Lab has information, books, magazines etc. available on a variety of topics, such as health, food, exercises etc. Please stop in the lab and see if we have the information on the subject you need. If not, please contact the lab technician about your specific subject.

**Registration begins Sat.,
December 7, 2013 and
ends Fri., December 13, 2013**

WELLNESS

Energize Me Morning, Noon or night, this class is just what you need to get moving. It's a well rounded, fun and energetic water exercise class that will have you pumped up in no time. This class increases the cardiovascular, tones muscle and helps promote better flexibility. This class is open to individuals with any disability. **Program will not meet Jan. 20. Feb. 17, & May 26.**

.....Day/Time:.....
Mon......8:15 - 9:00am
9:15 - 10:00am
6:00 - 6:45pm
Tues......10:15 - 11:00am
1:00 - 1:45pm
6:00 - 6:45pm
Wed......8:15 - 9:00am
9:15 - 10:00am
Thurs......10:15 - 11:00am
1:00 - 1:45pm
Fri......8:15 - 9:00am
9:15 - 10:00am
Sat......9:15 - 10:00am
Contact:Jeffery Barlow

On the Move (Lap Swim) Add a little splash to your day or evening in a comfortable and relaxed atmosphere. Our heated pool is open to participants wishing to swim for better conditioning and endurance. You must be able to swim a complete lap with a basic stroke. During this time, **ONLY LAP SWIMMING IS ALLOWED.** A certified lifeguard is on duty. **Program will not meet Jan. 20. Feb. 17, & May 26.**

.....Day/Time:.....
Mon.1:00 - 1:45pm
Tues, Thurs......7:15 - 7:45am
Tues, Wed., & Thurs......12:00 - 12:45pm
Fri......6:00 - 6:45am
1:00 - 1:45pm
Contact:.....Jeffery Barlow

Early Bird Series This program is structured for you to get an early start to your day feeling great. The series will include an exercise class, lap swim and an unstructured program to let participants walk and develop exercises created by each individual and doing it at their own pace. Lifeguard on duty! **Program will not meet Jan. 20. Feb. 17, & May 26.**

.....Day/Time:.....
Mon/Wed......Exercise Class
Time:.....6:00 - 6:45am
Tues/Thurs......Create your own
Fri......Lap Swim
Time:.....6:00 - 6:45am
Contact:.....Jeffery Barlow

AEP (Exercise Program)

This program is geared for participants with Arthritis only. The exercises will increase range of motion, flexibility, muscle endurance, and help relieve joint pain caused by arthritis. No aquatic weights will be used. Cardiovascular exercises are included, but not emphasized. **Program will not meet Jan. 20. Feb. 17, & May 26.**

.....Day/Time:.....
Mon. & Fri......12:00 - 12:45pm
Tues. & Thurs......8:15 - 9:00am
Wed......1:00 - 1:45pm
Contact:.....Jeffery Barlow

Have it Your Way (open pool)

This is an unstructured program designed to allow participants to engage in an individualized exercise program in our heated pool. Participants can design their own exercise program, follow exercise routines developed by a therapist or bring their own therapist/ exercise instructor. **Program will not meet Jan. 20. Feb. 17, & May 26.**

Day:.....Tues. & Thurs.
Time:.....5:00 - 6:00pm
Contact:.....Jeffery Barlow

TRC Spec's This aquatic exercise class is designed to meet the needs of individuals with Parkinson's/disease or impairments from Stroke (CVA). These pool exercises help promote mobility, endurance, and flexibility. In addition, this program offers a supportive group environment while you have fun exercising. **Program will not meet Jan. 20. Feb. 17, & May 26.**

Day:.....Tues. & Thurs.
Time:.....9:15 - 10:00am
Contact:.....Jeffery Barlow

Family Splash

Add a little splash to your family's lifestyle by bringing them to TRC to enjoy our heated pool. This is sure to be a treat for the entire family. We ask that you limit this time of relaxation and enjoyment to **three family members only.**

.....Day/Time:.....
Thurs......5:00 - 6:45pm
Sat......10:15 - 11:45am
Contact:.....Jeffery Barlow

Aqua Zumba

Bring the party to the pool!!! The Aqua Zumba program gives new meaning to the ideal of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooping and hollering. Heat up the pool party, integrating the Zumba formula and philosophy with the traditional aqua fitness disciplines. The Aqua Zumba Class blends it all together into a safe, challenging, water based workout that is cardio-conditioning, body toning and most of all exhilarating beyond belief. **LET'S MAKE A SPLASH!!!!. Aqua shoes required**

Day:.....Mon. & Wed.
Time:.....11:15am-12:00pm
Contact:.....Ralph Evans

There will be a \$5.00 late fee for any member registering after Fri., Dec. 13, 2013.

WELLNESS SWIMMING COURSES

Beginner Swim Course

The objective of this course is to give participants success with fundamental skills. Participants will learn to float without support and to recover to a vertical position. These lessons mark the beginning of true locomotion skills and to add to the self help and basic rescue skills. *Program will not meet Jan 20 or Feb. 17*

Beginning date:.....Mon., Jan 6, , 2014
End date:.....Mon., March 3, 2014
Day:.....Mondays
Time:.....10:00 - 10:45am
Limit:.....10
Cost:.....\$40.00
Contact:.....Jeff Barlow

Intermediate Swim course

The objective of the course is to develop confidence in the stroke learned in the beginner's class. The lessons will help participants increase their endurance by swimming greater distance than the beginner's lessons. Participants entering this course must have completed the beginner's class.

Beginning date:.... Mon., March. 10, 2014
End date:.....Mon., April. 28, 2014
Day:.....Mondays
Time:.....10:00 - 10:45am
Limit:.....10
Cost:.....\$40.00
Contact:.....Jeff Barlow

TRC HAS LOCKERS AVAILABLE FOR \$10.00 PER SEMESTER. CHECK IN THE FRONT OFFICE FOR MORE INFORMATION

IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING CLASSES AT THE MTRC, PLEASE SEE WENDY DOBBS, OUR ASSISTANT DIRECTOR, LOCATED IN THE FRONT OFFICE .

START YOUR DAY OFF WITH A EARY MORNING WORK-OUT

WELLNESS

Stretch - Tone This class is designed to help our wellness members improve flexibility as well as toning areas of the body that does not receive enough emphasis during other exercise programs at TRC. Program will include stretching major muscle groups, abdominal exercises, modified push ups, thigh and hip exercises, and much more. Exercises will be done on mats. *Program will not meet Jan. 20, Feb. 17, & May 26.*

Day:.....Mon. & Wed.
Time:.....10:15 - 11:00am
Contact:.....Susan Bray

Land Exercise (Arthritis and other disability groupings) This land aerobics class is designed to increase strength, mobility, flexibility, endurance and overall physical well-being. Classes are being taught by a certified instructor that leads sitting exercises using a chair as support. This class is designed by the Arthritis Foundation's Exercise Program. *Program will not meet Jan. 20. Feb. 17, & May 26.*

Day:.....Tue & Thurs.
Time:.....10:15 - 11:00am
Contact:.....Susan Bray

Individual Fitness Room

TRC has now increased hours with supervised and unsupervised time. During supervised time, participants are able to work out independently on an individual basis with a staff member available to monitor and assist if needed. During unsupervised time, a staff will **NOT** be in the room to oversee participants workout. Come take advantage of this fitness room with all the equipment that it has to offer.

.....**Supervised**.....

Mon. - Fri.....8:15 - 11:00am
Tues. & Thurs.....5:00 - 6:00pm
Sat.....9:00 - 11:00am

.....**Unsupervised**.....

Mon. - Fri.....6:00 - 8:00am
.....11:00am - 3:00pm
Age:.....18 years and older

Contact:.....Christopher McNeil

Early Morning Workout

This is a workout class that incorporates in and out of chair exercises designed to MAXIMIZE your workout. Class will consist of high intense muscle and cardiovascular exercises. In addition, class will visit the 4Fitness Club downtown and workout once a month **for an extra fee.** Members interested in maximizing their exercise experience are encouraged to sign up for this class. *Program will not meet Jan. 20. Feb. 17, & May 26.*

Day:.....Tues., Wed., & Thurs.
Time:.....7:00 - 8:00am
Contact:.....Christopher McNeil

All wellness classes are designed for specific disabilities and conditions. Please talk with our Assistant Director, Wendy Dobbs to ensure you are entering a class that is appropriate for your disability.

WELLNESS SOCIAL CLUBS

Potluck Brunch Come eat and fellowship!! If you enjoy socializing with others and enjoy eating a good meal, then feel free to bring your covered dish and enjoy this great fellowship. Hosted by TRC's Art's and Craft Department.

Day:.....First Thursday of the month.

Time:.....10:00 - 11:15am

Contact:.....Deshanoe Ishman

Socializing With The Wise Club Come join the Wise Club in great group discussions, fun filled games, great food, and good laughter. This awesome social setting will energize you. Just sit, eat, play, and enjoy.

Day:.....2nd, 3rd, & 4th Thursday of the month

Time:.....10:00 - 11:00am

Cost:.....\$7.00 a month


Contact:.....Deshanoe Ishman

Parkinson's Support Club This fun support group will keep you informed of the latest medical research treatments of the disease. Knowledgeable speakers share valuable information about the disease. A light dinner will be served for a small donation. We meet the fourth Thursday of every month at Frazer Methodist Church in the activity fitness building, room # 8114.


Day:.....4th Thursday of the month.

Time:.....6:00 - 8:00pm

Contact:.....Susan Bray



BAD WEATHER



**Call MTRC at (334)240-4595 to
check for program cancellations
during inclement weather.**

WELLNESS

That's What Friends Are

for This is a small arts and crafts class for the physically challenged. You learn how to create all different types of crafts from things you never imagine. Craft projects are worked on during the year and in October are entered in the Alabama National Fair. The members of the class work on crafts until noon then have lunch together.

Day:.....Tuesday

Time:.....10:00am - 1:00pm

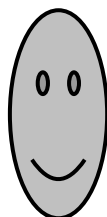
Age:.....(18 and older with physically impairments)

Cost:.....\$10.00

Limit:.....6

Contact:.....Pamla Tilghman

**JOIN ONE OF OUR MANY
SOCIAL CLUBS, HERE AT
TRC. ONE OF THEM IS
BOUND TO BE JUST WHAT
YOU HAVE BEEN LOOKING
FOR.**



**PUT A SMILE ON A
FRIENDS FACE.
TELL THEM
ABOUT THE
MTRC.**

Spring Meet & Greet

Our Meet and Greets have been a big success and at the request of our Wellness members, we are going to have a Meet & Greet every semester. There will be good food, good friends, good fellowshiping and lots of fun! Just bring yourself and a covered dish and take this opportunity to meet other wellness members and fellowship with the TRC staff.

Date:..Fri., March 28, 2014

Time:.....11:30am

Contact:.....Joye Bigelow

WELLNESS, NEW PROGRAMS & DAY ACTIVITIES

Simple Sewing Class This is a beginner sewing class. Come learn how to make simple easy pillows, aprons, handkerchief etc. Bring your own material and come and learn. *Program will not meet Jan. 20, Feb. 17, & May 26.*

Day:.....Monday

Time:.....10:00 - 11:00am

Contact:.....Pamla Tilghman

The Adult Fitness & Wellness Assessment

This new program in General Recreation is for those who want to track their progress and to assess what they are doing to meet their wellness goals. If you are interested in this program, schedule a time with Chris.

Day:.....Tues., Wed. & Thurs.

Contact:.....Chris McNeil

"Come Walk Old

Cloverdale" This class will give you the participant, if you wish a chance to walk the local neighborhood. Remember this is being offered because wellness Members asked for this class. We here at TRC want to meet the needs of all our clients with the best and up to date information as possible. So come and fellowship while we walk Old Cloverdale after or before your other classes here at TRC.

Day:.....Wednesday

Time:.....8:30 - 9:15am

Contact:.....Chris McNeil

**A PHOTOGRAPHER
WILL BE ON HAND TO
COMMEMORATE THIS
EVENT WITH PICTURES
FOR YOU TO PUCHASE
AND TAKE HOME**

Senior Ceramics:

Acrylic Painting

Looking for a great way to have fun, meet new people, learn a new skill all while being creative? Come join the arts-n-crafts department in Acrylic Painting. Group trips will be taken to Deans Ceramics for participants to purchase their own ceramics. We provide acrylic paint (basic colors). Additional supplies must be purchased by participants. **This program is open to adults with disabilities.**

Day:.....Wednesday

Time:.....9:00 - 11:00am

Limit:.....10

Contact:.....Deshanoe Ishman

BINGO EXTRAVAGAZA!!

It's Bingo time!!! Come join the Creative Arts Department in 3 exciting games of bingo. There will be great food and prizes. Cost is only \$10.00, which includes 2 bingo cards and food. There will be \$1.00 fee for additional bingo cards. This will be a great time to socialize.

.....Day/Times.....

Tues., Jan. 28, 2014....10:00am - 12:00pm

.....Bingo Brunch

Tues., Mar. 25, 2014.....6:00 - 8:00pm

.....Spaghetti and Bingo Dinner

Tues., May 27, 2014..11:00am - 12:00pm

.....All prize Bingo

Cost:.....\$10.00

Age:.....21 and older

Contact:.....Deshanoe Ishman



Masquerade Ball

You are cordially invited to the ball of the year. Put on your fanciest dress and your most exotic mask and join us for a night of dancing, feasting, socializing and let's not forget the unmasking of everyone. This will be a night to remember. This program must have a specific amount of wellness members to register to be facilitated, so please sign up at registration and get ready to be the bell of the ball.

Where: The Montgomery Therapeutic Recreation Center, 604 Augusta Street

When:Friday, April 4, 2014

Time:.....7:00 - 10:00pm

Cost:.....\$15.00 per person (1 invitation)

.....\$25.00 a couple (2 invitation's)

Contact:.....Joye Bigelow

TO RETREIVE BROCHURE ONLINE

STEP BY STEP

- 1. Decide on programs: fill out registration form.**
- 2. Enter www.montgomeryal.gov**
- 3. Next, place the cursor on Government at the top of screen.**
- 4. A drop down menu will appear and click on “ E-Services”.**
- 5. Click on TRC Brochure Registration**

PLEASE TAKE THE TIME AND READ THROUGH THE BROCHURE ABOUT THE MANY PROGRAMS THAT WE OFFER HERE AT TRC. IF YOU HAVE ANY QUESTIONS REGARDING THE PROGRAMS PLEASE GIVE WENDY DOBBS, OUR ASSISTANT DIRECTOR A CALL AT 334-240-4595. SHE WILL BE HAPPY TO ANSWER ANY OF YOUR QUESTIONS OR CONSERNS REGARDING PROGRAMS.

SPRING 2014 REGISTRATION

Date _____

Name: _____

Home Phone: _____

Level: I II III

Parent/Guardian _____

Address _____

City: _____

State: _____ Zip: _____

Daytime Phone: _____

D.O.B. _____

E-mail Address _____ @ _____

Emergency Contact: _____

Emergency number: _____

Disability: _____

Directions: Please indicate the activities you/your child would like to attend this semester.

MONDAY

- ____ Puzzles & More I, II, III
- ____ Jag Girls II, II
- ____ After-school Splash I
- ____ TRC Round-UP II, III
- ____ Low Impact Aerobics II, III
- ____ Craft Fever
- ____ Let's Talk About It II, III

TUESDAY

- ____ Physical Activity Time I, II, III
- ____ Gentlemen's Club III
- ____ Macaroni Painting I
- ____ Green Thumb Garden Club II, III
- ____ Blue Marlin Swim Team II, III
- ____ Girls Rule III

WEDNESDAY

- ____ What's Cookin TRC II, III
- ____ Giddy Up I
- ____ Wood Factory II, III
- ____ Let's Go Swimming II, III
- ____ TRC Drama Club III
- ____ Wii Just Dance II, III
- ____ Your Child Can Learn I, II, III

THURSDAY

- ____ TRC Yearbook Team III
- ____ MTRC Dance /Karaoke II, III
- ____ Model Magic I, II, III
- ____ Sensory Fun I
- ____ Blue Marlin Swim Team II, III
- ____ Bullseye! II, III
- ____ Let the Good Times Roll III

FRIDAY

- ____ Bookworms I, II, III
- ____ Movie Theatre I, II, III
- ____ World of Lego II, III
- ____ For the Love of Horses I, II, III
- ____ Creative Express II, III
- ____ Strikers III

ADAPTIVE SPORTS

- ____ Pickleball II, III
- ____ MTRC Tiger Flag Football II, III
- ____ TRC Easy Riders I, II, III
- ____ MTRC Tigers Basketball II, III

DAY PROGRAMS

- ____ Day Program
- ____ Pediatric Program

SPECIAL EVENTS

- ____ Valentine Dance
- ____ Auburn vs Mississippi
- ____ Girls Night Out
- ____ Capital City Classic Alabama vs Auburn
- ____ Lunch & Bowl
- ____ Disney Princess & Pirates Adventure
- ____ Tampa Bay Rays
- ____ The Formal
- ____ Spring Camporee
- ____ TRC Awards Banquet
- ____ Bama Bandits Shoot

WELLNESS

- ____ Open Lab
- ____ Ask MTRC
- ____ One - On - One
- ____ Energize Me
- ____ On the Move
- ____ Early Bird Series
- ____ Aqua Zumba
- ____ AEP
- ____ Have it Your Way
- ____ TRC Spec's
- ____ Family Splash
- ____ Beginner Swim Course
- ____ Intermediate Course
- ____ Adult Wellness Assessment
- ____ Stretch - n - Tone
- ____ Land Exercise
- ____ Early Morning Workout
- ____ Individual Fitness Room
- ____ Potluck Brunch
- ____ Wise Club
- ____ Walk Old Cloverdale
- ____ Parkinson's Support Club
- ____ That's what Friends are For
- ____ Simple Sewing Class
- ____ Senior Ceramics
- ____ Bingo Extravagaza
- ____ The Masquerade Ball
- ____ Spring Meet & Greet

Method of payment: ____ Cash ____ Check # _____ Locker Fee _____ \$10.00 Locker # _____

Wellness Fee: _____ Late Fee: _____ \$5.00 Other Fee/s _____

Total Amount Due: \$ _____ Amount Received: \$ _____ Date Received: _____

Received By: _____ Receipt # _____ Receipt Given: ____ Yes ____ No